

# Responsible Decision Making

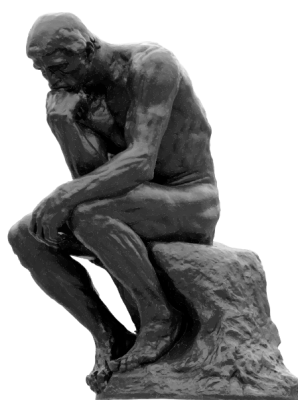
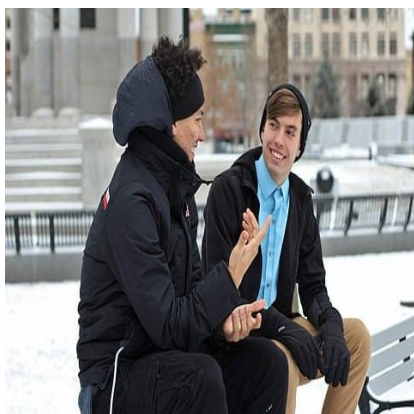


How do you make “Responsible Decisions”? When asked this question, here are a few responses that came from our own high school students here at CORE:

“Thinking things through. Playing things out in my head “If I do this, then..”

“Assess the situation and figure out what’s best. Look at the details to fully understand.”

“Put yourself in someone else's shoes.”



Take a moment: How about you? What helps you make “Responsible Decisions?”

Part of this month’s SEL’s focus is on **Responsible Decision Making**. Each word in that phrase is pretty important. RESPONSIBLE. DECISION. MAKING. These words involve thought and action. The truth is, we make hundreds of decisions a day. Some decisions are harder to make than others, and some decisions carry a bigger consequence than others. So how can we make “Responsible” decisions?

**Here are a few things that can help...**

## Take some time to ponder what *kind* of person you want to be.

What qualities do you value and want to see in your life? Being mindful of who are and what kind of person you want to be can help ground you. It can help you function from a positive perspective.



When making decisions, It helps to place our mind in a positive mindframe to help us make good decisions. Often, we get in a loop of negative “Self Talk” that can even sabotage our best intentions. Here are some positive statements that can put us in a good frame of mind to make good decisions.

## Positive Statements to say to yourself

1. I am a quick, capable learner;
2. I believe in myself and my capabilities;
3. I am a person of conviction and can make decision that support my beliefs;
4. I honor my efforts and I honor the efforts of those around me;
5. I forgive others as well as myself;
6. I am kind and good to the person I see in the mirror;
7. I deserve to see myself as amazing;
8. Whatever difficulties come my way, I have the resources to overcome them;
9. I was born strong, and I grow stronger every day;
10. Today, I am going to trust myself and my instincts;
11. I am unique and I am enough;
12. I treat others and myself with respect;
13. I choose to rise above the hurtful things that might come my way;
14. I am working every day on the best me that I can be.
15. I give myself a fresh start each day, leaving yesterday behind and moving forward on THIS day.

You may not “feel” these are true, but they are. Saying them to yourself outloud helps us combat some of the negative self-talk. (Did you know your brain actually believes your voice the most?!

**Take A Moment: Read through the list above. Which statements stand out to you? Which ones are easy to believe? Which ones are difficult to believe? Which attitudes will help you make good decisions today? Say these statements outloud to yourself, even better, while looking in a mirror. Do this for 30 days and notice the change.**

## 2. Adopt a Growth Mindset

### GROWTH MINDSET      FIXED MINDSET



Adopting a Growth Mindset can help us **embrace** learning and growing from our decisions, as opposed to fearing making mistakes. When we get stuck in a Fixed Mindset, we make declarations that our character and abilities are just who we are and will never change. With this thinking, we may struggle to make decisions at all because of fears, perfectionism, past mistakes, disbelief in our own strengths or the ability to cultivate new ones. With a **Growth Mindset**, we can approach decision making as a **learning opportunity**, not success or failure.

**Take A Moment:** Consider the image above of the Growth and Fixed Mindset. (You may need to enlarge the image to read it.) Which mindset do you identify with the most? Which will help you make good decisions?

**Check out some of the websites and TedTalks that can help you make responsible decisions.**

<https://www.verywellmind.com/habits-for-better-decision-making-4153045>

<https://www.verywellmind.com/why-you-make-bad-decisions-2795489>

<https://www.youtube.com/watch?v=1mLQFm3wEfw>

<https://www.entrepreneur.com/article/250175>

<https://www.entrepreneur.com/article/248988>



## Finally, here are other qualities that will guide you in making good decisions for yourself.

<https://www.habitsofmindinstitute.org/what-are-habits-of-mind/>

 <p><b>1. Persisting</b> <i>Stick to it!</i> Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p><b>2. Managing Impulsivity</b> <i>Take your time!</i> Thinking before acting; remaining calm, thoughtful and deliberative.</p>	 <p><b>3. Listening with understanding and empathy</b> <i>Understand others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.</p>	 <p><b>4. Thinking flexibly</b> <i>Look at it another way!</i> Being able to change perspectives, generate alternatives, consider options.</p>
 <p><b>5. Thinking about your thinking (Metacognition)</b> <i>Know your knowing!</i> Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p><b>6. Striving for accuracy</b> <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly.</p>	 <p><b>7. Questioning and problem posing</b> <i>How do you know?</i> Having a questioning attitude; knowing what data are needed &amp; developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p><b>8. Applying past knowledge to new situations</b> <i>Use what you learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p><b>9. Thinking &amp; communicating with clarity and precision</b> <i>Be clear!</i> Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.</p>	 <p><b>10. Gathering data through all senses</b> <i>Use your natural pathways!</i> Pay attention to the world around you. Gather data through all the senses. taste, touch, smell, hearing and sight.</p>	 <p><b>11. Creating, imagining, and innovating</b> <i>Try a different way!</i> Generating new and novel ideas, fluency, originality</p>	 <p><b>12. Responding with wonderment and awe</b> <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
 <p><b>13. Taking responsible risks</b> <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly.</p>	 <p><b>14. Finding humor</b> <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.</p>	 <p><b>15. Thinking interdependently</b> <i>Work together!</i> Being able to work in and learn from others in reciprocal situations. Team work.</p>	 <p><b>16. Remaining open to continuous learning</b> <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>

Remember, no one is an island. We are meant to be connected and be a support for one another. There are very good reasons why there are sayings such as

**“Two minds are better than one.”**

**“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.”**

We are here for you at CBHS. Together, we can truly make great decisions!  
If you need help, just reach out!